

Meniscus Repair – Bucket Handle or Radial



	Name:							DOB:				
	Dr: Godin							DOS	:			
	7											
ROM	Weeks from surgery											
RESTRICTIO	ROM & Muscle Initiation	1	2	3	4	5	6	7-8	9-14+	15-20+	21-26+	27+
NS	Flexion/Extension - wall slides											
	Flexion/Ext - seated/calf assisted											
0-90 x 2 weeks then FROM BRACE SETTINGS	Patella/Tendon mobilization											
	Extension mobilization (no hyperext)											
	Quad sets											
	Hamstring sets											
	Terminal knee extension, Straight leg raise (when no quad lag)											
	Ankle pumps											
	Bike with no resistance											
	Progress to Endurance: ROM >125°,	Que	ad se	et the	at ter	rmin	ally (extends	the knee			
T scope 0-0 x 6 weeks	Muscular Endurance 3 x 15, 45s								9-14+			
	rest								9-14T			
	Lateral band stepping											
	Single leg leg press											
	Squat progression											
Weight	RDL											
Bearing	Tuck squat	<u> </u>		_								
status	Progress to strength: 15+ weeks & G	vad	inde	ex >7	0%,	Υb	alan	ce ante	rior reach ^c	<8cm side f	o side ditte	erence
NWB x 6	Muscular Strength 3 x 10 120s rest									15-20+		
weeks	Lateral band stepping											
Weeks	Single leg leg press											
	Hex bar squat											
No open	Kettlebell deadlift											
chain	Elevated split squat											
resisted	Progress to power: 21+ weeks & Qu	ad ir	dex	>90	%, F	lams	tring	index	>90%, Y b	alance ante	rior reach	<4cm
hamstring x	side to side difference		ı							1		ı
16 wks	Muscular Power 3 x 6, 180s										21-26+	
	Front squat											
	Trom squar	1								+		
	Barbell deadlift											
	Barbell deadlift											
	Split jumps											
	Split jumps Sled drags	iple	hop	dista	nce	>90	% of	unaffe	cted side			
	Split jumps Sled drags Progress to running: 27+ weeks & Tr	iple i	hop	dista	nce	>90	% of	unaffe	cted side			27+
	Split jumps Sled drags Progress to running: 27+ weeks & Tr Running, Speed & Agility	iple I	hop	dista	nce	>90	% of	unaffe	cted side			27+
	Split jumps Sled drags Progress to running: 27+ weeks & Tr Running, Speed & Agility Running progression	iple I	hop	dista	ince	>90	% of	unaffe	cted side			27+
	Split jumps Sled drags Progress to running: 27+ weeks & Tr Running, Speed & Agility Running progression Ladder footwork drills	iple I	hop	disto	ince	>90	% of	unaffe	cted side			27+
	Split jumps Sled drags Progress to running: 27+ weeks & Tr Running, Speed & Agility Running progression	iple i	hop	dista	ince	>90	% of	unaffe	cted side			27+
	Split jumps Sled drags Progress to running: 27+ weeks & Tr Running, Speed & Agility Running progression Ladder footwork drills Forward & backward cone drills	iple I	hop	dista	ince	>90	% of	unaffe	cted side		21-26+	27+

Clearance for other activities made by Dr Godin and based on different factors including passing the included progression criteria

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